

Nutrition Facts

6 servings per container

Serving size (450g)

Amount Per Serving

Calories **490**

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 4.7g **24%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 300mg **13%**

Total Carbohydrate 38g **14%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 39g **78%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 2.88mg **15%**

Potassium 1128mg **25%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.